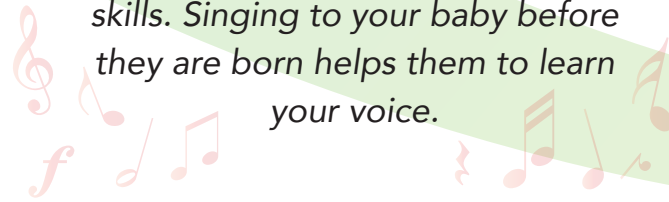


**FIRST STEPS
HELPS PARENTS RAISE
HEALTHY & HAPPY
CHILDREN**



Singing to your child builds language skills. Singing to your baby before they are born helps them to learn your voice.



THE ITSY-BITSY SPIDER

The itsy-bitsy spider
Climbed up the waterspout
Down came the rain
And washed the spider out
Out came the sun
And dried up all the rain
And the itsy-bitsy spider
Climbed up the spout again

**A NO-COST PROGRAM
FOR SAN DIEGO
PARENTS & PARENTS-TO-BE**

MORE INFORMATION AT:
firststepssd.org



FAMILY SUPPORT PROGRAM

90%

OF A CHILD'S BRAIN DEVELOPS BY AGE 5

The connections they share with loved ones play a key part in this growth. Being your child's first teacher can be hard, but...

YOU DON'T HAVE TO DO IT ALONE!



WHAT WE OFFER

We connect you and your family with a Family Support Specialist. Together, you will talk about your child's growth and hopes for their future.

We partner to help you:

- Lower stress
- Make learning fun
- Use positive parenting strategies
- Connect to community resources
- Deal with the hard parts of parenting

MORE INFORMATION AT:

firststepssd.org

TO CONNECT WITH YOUR LOCAL FIRST STEPS, PLEASE CONTACT:

NORTH INLAND/NORTH COASTAL

Palomar Health

(760) 739-3261

firststeps@palomarhealth.org

CENTRAL/NORTH CENTRAL

SAY San Diego

(619) 283-9624

firststepscentral@saysandiego.org

EAST

Jeni Barre

(619) 402-0085

jbarre@home-start.org

SOUTH

SBCS

(619) 650-1597

firststeps@csbcs.org



San Diego & Imperial Counties
INCORPORATED IN CALIFORNIA

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



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